

2001 California Dietary Practices Survey

Table 4: Healthy Eating Practices Score (HEP Score)

	Mean Healthy Eating Practices Score
Total	2.7
<i>Sex</i>	
Males	2.7
Females	2.7
<i>Males</i>	
18 - 24	2.5 ^a *
25 - 34	2.8 ^{ab}
35 - 50	2.6 ^a
51 - 64	2.6 ^{ab}
65+	3.2 ^b
<i>Females</i>	
18 - 24	2.4 ^a *
25 - 34	2.7 ^{ab}
35 - 50	2.7 ^{ab}
51 - 64	2.6 ^{ab}
65+	3.0 ^b
<i>Ethnicity</i>	
White	2.8 ^c ***
Hispanic	2.7 ^{bc}
Black	2.3 ^a
Asian/ Pacific Islander	2.4 ^{abc}
<i>Education</i>	
Less than high school	2.6 ^a ***
High school graduate	2.6 ^a
Some college	2.6 ^a
College graduate	3.0 ^b
<i>Income</i>	
Less than \$15,000	2.5
\$15,000 - 24,999	2.8
\$25,000 - 34,999	2.8
\$35,000 - 49,999	2.7
\$50,000+	2.8
<i>Physically Active</i>	
Did not meet recommendations	2.5 ***
Met recommendations	2.9
<i>Overweight Status</i>	
Overweight/Obese	2.7
Not overweight	2.7

¹ The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven. A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

*** p<.001